



Scott's Amazing Whiskey Grilled Baby Back Ribs



Gluten Free



Dairy Free



Popular

READY IN



180 min.

SERVINGS



4

CALORIES



926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound baby back pork ribs
- ☐ 0.5 cup brown sugar
- ☐ 1 tablespoon blackstrap molasses dark
- ☐ 2 teaspoons garlic powder
- ☐ 0.5 tablespoon ground chile pepper red
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 2.5 tablespoons honey

- ☐ 1.3 teaspoons liquid smoke flavoring
- ☐ 0.5 cup onion minced
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 teaspoon paprika
- ☐ 2 teaspoons salt
- ☐ 0.5 cup tomato paste
- ☐ 2.3 tablespoons vegetable oil
- ☐ 1.5 cups water
- ☐ 2 teaspoons irish whiskey
- ☐ 0.5 cup vinegar white
- ☐ 2 tablespoons worcestershire sauce

Equipment

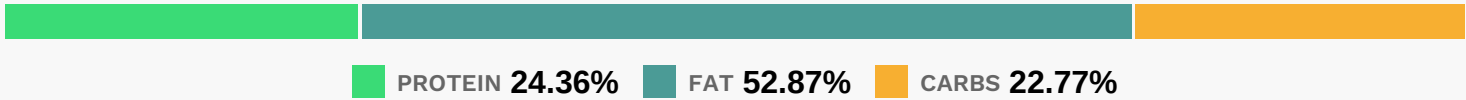
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300 degree F (150 degrees C).
- ☐ Cut each full rack of ribs in half, so that you have 4 half racks.
- ☐ Sprinkle salt and pepper (more pepper than salt), and 1 tablespoon chile pepper over meat. Wrap each half rack in aluminum foil.
- ☐ Bake for 2 1/2 hours.
- ☐ Meanwhile, heat oil in a medium saucepan over medium heat. Cook and stir the onions in oil for 5 minutes. Stir in water, tomato paste, vinegar, brown sugar, honey, and Worcestershire sauce. Season with 2 teaspoons salt, 1/4 teaspoon black pepper, liquid smoke, whiskey, garlic powder, paprika, onion powder, dark molasses, and 1/2 tablespoon ground chile pepper. Bring mixture to a boil, then reduce heat. Simmer for 1 1/4 hours, uncovered, or until sauce thickens.
- ☐ Remove from heat, and set sauce aside.

- ☐
- Preheat an outdoor grill for high heat.
- ☐
- Remove the ribs from the oven, and let stand 10 minutes.
- ☐
- Remove the racks from the foil, and place on the grill. Grill the ribs for 3 to 4 minutes on each side.
- ☐
- Brush sauce on the ribs while they're grilling, just before you serve them (adding it too early will burn it).

Nutrition Facts



Properties

Glycemic Index:82.57, Glycemic Load:10.01, Inflammation Score:-7, Nutrition Score:34.752173734748%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 926.01kcal (46.3%), Fat: 54.54g (83.9%), Saturated Fat: 17.74g (110.9%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 50.85g (18.49%), Sugar: 47.05g (52.28%), Cholesterol: 197.18mg (65.73%), Sodium: 1801.36mg (78.32%), Alcohol: 0.72g (100%), Alcohol %: 0.17% (100%), Protein: 56.54g (113.08%), Selenium: 91.51µg (130.73%), Vitamin B3: 20.6mg (102.99%), Vitamin B1: 1.35mg (90.17%), Vitamin B6: 1.39mg (69.39%), Vitamin B2: 0.95mg (55.82%), Zinc: 7.65mg (50.99%), Phosphorus: 491.08mg (49.11%), Potassium: 1283.32mg (36.67%), Vitamin B12: 1.6µg (26.67%), Vitamin B5: 2.52mg (25.16%), Copper: 0.48mg (23.91%), Iron: 4.3mg (23.89%), Vitamin D: 3.14µg (20.96%), Magnesium: 80.96mg (20.24%), Vitamin E: 2.79mg (18.61%), Vitamin K: 18.55µg (17.67%), Calcium: 156.48mg (15.65%), Manganese: 0.31mg (15.61%), Vitamin C: 12.59mg (15.27%), Vitamin A: 649.52IU (12.99%), Fiber: 1.99g (7.94%), Folate: 10.33µg (2.58%)